

# HOW TO MAKE **seed paper**



## **materials**

- Paper (newspaper, egg cartons, tissue paper, paper grocery bags, craft paper, or unprinted computer paper.
- Seeds of your choice such as a wildflower mix, herbs, wheat grass, or cat grass for a pet friendly choice
- Blender
- Warm water
- Rubber spatula or flat spoon
- Fine Strainer
- Old towel, microfiber towel, or an old flannel shirt
- Sponge

## **directions**

1. Gather your paper materials and shred them into small pieces.
2. Fill your blender halfway with paper shreds.
3. Pour some warm water over the paper in the blender until you reach the fill line.
4. Blend mixture on a low speed for about 10 seconds. Increase the speed and blend for another 30 seconds or until there are no paper flakes remaining.
5. Sprinkle about a teaspoon of your seeds into the mixture and gently stir them in. **DO NOT BLEND.**
6. Pour mixture into a fine strainer to remove as much water as possible. Use your spatula/spoon to press excess water out.
7. Pour your pulp mixture onto your towel or old shirt and spread with your spatula/spoon until its flattened into your desired shape. You can also use cookie cutters to make fun shapes!
8. Press a sponge to flatten and remove more water.
9. Let one side dry (quicker in the sun) and then turn over your paper to allow the other side to dry. Use the sponge again if needed.
10. Once your seed paper is dry you can draw a picture, write a letter, or give as a gift.
11. To plant, lay on top of slightly compressed soil and cover with a thin layer of soil. Place in a sunny spot, keep the soil moist, and watch your plants grow!



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